

WESSEX VOLUNTARY SUPPORT GROUP NEWSLETTER October 2018



Wessex
Local Group

Forthcoming Events

Dates for your Diary

<https://www.coeliac.org.uk/local-groups/wessex/events/>

Fish and Chip / Quiz evening

on Saturday -
29th September

Cookery Demonstration by
Abasing Bakes on
Saturday 17 November
2018 from 10.00 -
1.00pm at Hedge End
2000 Centre

2019

Gluten free Food Fair,
5 October 2019,
11 - 3.00pm,
Winchester Guildhall

We do need more
volunteers for this
event. This could be a
just on the day, or
whatever help you can
give.

For more information visit our
webpage: by [clicking
here](#) and for information on
other local group food fairs
around the country [click here](#)

Our next meeting

Our next meeting will be a Cookery Demonstration on Saturday 17 November by Helen Lang of Abasing Bakes.

The meeting will be held in the Hedge End 2000 Centre, St Johns Road, Hedge End, Southampton, S030 4AF where parking is available.

Doors will open at 10.00 am for refreshments followed by the cookery demonstration at 10.30 am. As always there will be an opportunity to taste the finished dishes and copies of the recipes will be available.

Tickets will not be required as there is no charge so please come along and support this event. We will be holding a raffle.

Change of our first event in 2019

The restaurant staff and students at Eastleigh college are unable to provide a meal for us in February as they are only putting on taster meals in the evenings during this academic year. So regrettably we have cancelled our booking with them.

We are currently looking at other possible venues for a gluten-free meal for our group in early February.

Recent Activities

Our Last Event

Was our Fish and Chip and Quiz evening on 29 September when 48 members and guests attended.

The Little Fryer supplied the Fish and Chips which were very much enjoyed by all. We were very grateful to Alan Noble for acting as Quizmaster ably assisted by Roger Kidd who kept the scores.

After a challenging quiz and picture rounds set by Alan we were delighted that our newest member of the committee, Theresa Kemp, and her table came out worthy winners and were each presented with a bottle of wine.



TEAM NAME	Round 5	Round 6	Round 7	Round 8	Place the Face/Mystery Objects: U.....			Totals	TEAM R/U
SQUIDS	31	47	54	59	5	16	11	91	SQUIDS
CATFISH	39	47	54	60	5	14	10	89	CATFISH
CODFATHER		58	64		6	11	11		CODFATHEI
FISH FINGERS	48	55	64		7	12	12		FISH FINGEI
SOLE SINGERS	38	45	54	58	5	11	8	82	SOLE SINGE
DAB HANDS	35	42	62	67	6	13	10	96	DAB HANDS
LOBSTER TAILS	49	57	64		12	14	13		LOBSTER TA
KIPPER TIES	0	0	0	0				0	KIPPER TIES



Hospital Clinics

The Committee continue to have a presence at the Southampton and Winchester Hospital Clinics.

Vacancies on the Committee

The committee is hoping to hold a Gluten free Food Fair in October 2019. However, this all depends on help being available. We would like more people to join the committee for the day to day running of the group as well as volunteers to assist on the day of the Food Fair.

If you feel able to help please contact Pauline or Judy via wessex@coeliac.org.uk

Members Special Offer

Holiday Villas Algarve, both sleep 6 and have pools

CORINA, reference number 1025 Vale Do Lobo

MIRANDA, reference number 3794 Dunas Douradas

Full details of the individual villas can be found at www.sun-hat-villas.com.

Prices for bookings between November 2018 and April 2019 are Euros 500 per week inclusive of water and electricity (except for heating the pool).

Eating out and buying gluten free food is very well catered for in the area.

For more information and to book at these prices, please contact admin@john-hammond.com and Ana will get back to you.

Remember to quote Coeliac Wessex to receive this fantastic offer.

Promoted Supplies & Venues

The following supplier has been recommended by a Coeliac UK Wessex Support Group member. The business listed has donated a fee to the group to promote their FreeFrom services to you. If you know of any local businesses who supply to the gluten-free community and would like to promote via this newsletter please contact Pauline via email wessex@coeliac.org.uk who will discuss the options available. or download a form by clicking [here](#)

THE LITTLE FRYER

Traditional & Gluten Free

02380 436 184

Collection & Delivery Available



The Little Fryer – Bitterne offers gluten Free Fish & Chips every day of the week. Call ahead and book your gluten free options.

Tel 02380 436184 – 17 West End Rd, Southampton SO18 6TE



We would like to thank [Sunrise Senior Living](#) who print our newsletters for our postal members, Sunrise are represented in Winchester and Southampton and you can visit their website <http://www.sunrise-care.co.uk/>

Sunrise provide Assisted Living services that are all about treating each and every resident as an individual. By understanding our residents' needs, preserving dignity and respecting independence, we help to create a real sense of home. to find out more [click here](#).

Don't forget we are now on Facebook to join the group and keep informed of our events and local venues as recommended by you.

Thank you for taking the time to read through the newsletter. We hope the information given is of interest. Please let us know what you would like to see in our newsletters, and don't forget to forward any useful eating out reviews, hints, tips and recipes which other members can benefit from.

We look forward to seeing you soon.

Kind regards

*The Coeliac UK
Wessex Group Committee*

 [@CoeliacUKWessex](#)

www.twitter.com/coeliacukwessex

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